

BREASTFEEDING INFORMATION FROM SOMEONE WHO KNOWS

I'm worried. Will breastfeeding be too hard for me to learn? I get nervous, and I wonder if I will be able to make enough milk. How will I know if my baby is getting enough milk?

It's OK to be worried. I was worried too, at first. But as I learned how and when to breastfeed, I worried less and became more confident.

When my baby breastfeeds, more milk is made in my breasts. The more my baby breastfeeds, the more milk I make. If I had twins, I would make twice as much milk. Early on, I could tell my baby was getting enough milk by counting the diapers. After day 5, I needed to see at least 4 dirty diapers, and 6 heavy, wet diapers each 24 hours.

My friend tried breastfeeding and she said it really hurt. My partner is not sure about breastfeeding, either. How do I know my milk will be good? My mother was told her milk wasn't any good.

Breastfeeding doesn't hurt when you know how and when to breastfeed. Your friend might not have had help from someone who knew how to breastfeed.

My partner and I learned that breasts aren't only for sex. Now my partner is proud that I am breastfeeding and has learned not to be jealous or embarrassed. Our baby is healthy because of my milk.

I've learned that having trouble breastfeeding doesn't run in families. Usually, women who had trouble breastfeeding didn't have help learning **how and when to breastfeed**. Almost all women make good milk and make enough milk even when they aren't eating just right or are sick. The more my baby breastfeeds, the more milk I make.



I'd be embarrassed to breastfeed in public.

I learned that I can breastfeed in public without others seeing what I'm doing! Other mothers who know how and when to breastfeed, taught me to wear loose tops my baby can breastfeed under, and to breastfeed before my baby starts to cry. Remember, we can breastfeed our babies anytime, anywhere!

I feel good about giving my baby love and good food by breastfeeding whenever she needs it.

Will nursing spoil my baby or make my baby cry for me more? Will breastfeeding take more time? Can my baby take a bottle too?

Because of breastfeeding my baby knows how much I care. Breastfeeding does not spoil my baby. All babies need time to be taken care of, and I feel good about the closeness we get through breastfeeding.

After the first 2-3 weeks we both got the hang of breastfeeding and have found it easier and faster than bottlefeeding. When I breastfeed, all I have to do is pick up my baby, sit comfortably, and put my baby to my breast. My baby has learned to take a bottle when I need to be away. Breastfed babies are healthier and happier. I spend less time going to the doctor, too.

Finally! ***Answers to my breastfeeding questions*** ***from someone who knows***



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